



Board of Athletics—Compiled Committee Reports

November 18, 2014—Compiled by Association Secretary J.R. Heberle

Race Walking Committee

Jon Price (jprice@unr.edu)

The Race Walking Committee of the Pacific Association finished the 2014 Grand Prix series on October 26 with a 20-km race in Carmichael. Other Grand Prix races included the one-mile (February 15 in Los Gatos), one-hour (April 6 in Kentfield), 5,000-meter (during the PA Track and Field Championships, June 1 in San Mateo), 3,000-meter (August 10 at South Lake Tahoe), and 10-km (September 7 at Carmichael). Final standings are listed at <http://www.pausatf.org/data/2014/rwFinalGPstandings2014-10-26.pdf>. Grand Prix awards were given to the top three places for women, men, age-graded individuals, and teams.

In addition, several PA youth meets during the year included race walks, and PA judges worked at several national events in 2014, and plan to work a final event, the 50-km USATF Championship in Santee, California on December 14. Two Apprentice-level judges were elevated to the Association level near the end of the season.

The Committee held a meeting on October 26 to begin work on the schedule of races for 2015, which will probably be similar to that in 2014. Clinics for new judges and race walking officials (individuals who don't judge but help as recorder, red-card posting-board operator, chief lap scorer, etc.) will again be held this year in Sacramento and San Mateo. Officials for other track and field events are encouraged to add race walk judging and race walk officiating to their areas of expertise.

Youth Cross Country Subcommittee

Charlotte Sneed (cheetahs@rocketmail.com)

The 2014 Pacific Association Youth Cross Country Season has concluded its regular season and is prepared to commence its championship season. The Pacific Association Youth Cross Country Grand Prix was successful in attracting additional athletes to participate in Pacific Association Cross Country meets. The last three meets of the regular season all attracted more than 200 participants.

The 2014 Pacific Association Youth Cross Country Championships will be held on November 23, 2014. The 2014 Region 14 Junior Olympic Cross Country Championships will be held on November 30, 2014. Both events will be held at the Willow Hills Cross Country Course in Folsom, California.

These events qualify athletes to compete in the 2014 USATF National Cross Country Junior Olympics to be held December 13, 2014 at Whispering Pines Golf Course in Myrtle Beach, South Carolina.

Earlier this month, William (Willie) Young, head-coach of Palo Alto Lightning Track and Field Club and a fixture in Pacific Association Youth Cross Country, passed away unexpectedly. Coach Young has been highly active in Pacific Association Youth Cross Country and Track and Field over the past twenty years. His contribution to the association and the sport will be missed.

Officials Committee

Mike Bower (mvalbower@gmail.com)

Officials' Clinics:

- Jan 10 – ARC (American River College)
- Jan 24 – Chico
- Jan 31 – Hartnell (Salinas) – *Tentative*
- Jan & Feb – Los Gatos H.S. - All Comers Meets – *Dates TBA*
- Feb 7 – Intro + Practicum – UC Berkeley (Wind Gauge, Umpiring, Implement Inspection)
- Feb 7 – Intro + Practicum – UC Davis (Implement Inspection, Umpiring, Starting)
- Feb 8 – Serra H.S. (San Mateo)
- Feb 21 - Freedom H.S. (Oakley) - Intro to Track & Field Clinic + Officiating Practice at afternoon track meet
- Mar 7 – Rocklin H.S.(Rocklin) – Intro to Track & Field Clinic + Officiating Practice at afternoon track meet

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

Level 1 Schools

The most comprehensive track and field training program in the nation, consisting of 21 hours of instruction focused on the events of track & field and related sport science. The course includes classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instructional techniques, in addition to specific event group training of endurance, sprints/hurdles, throws and jumps.

UPDATE: Completely revised curriculum will be taught in this January School developed in conjunction with Human Kinetics.

Sat-Sun, 17-18 January: Chabot College, Hayward

Eight full tuition scholarships will be provided by the PAUSATF Foundation. Contact Coaches Chair Dave Shrock at coaches@pacific.usatf.org for details or refer to:

<http://www.pausatf.org/data/coach/coachevents.html>

Upcoming Clinics

Monday, 19 January: San Jose T&F Coaches' Clinic:

Branham HS, San Jose: One day Clinic covering multiple facets of Track and Field. Contact Coach Tobias McLeod at tmcleod@cuhsd.org or <http://www.pausatf.org/data/coach/coachSanJoseCliniclores.pdf>

Sat, 31 January: 6th Annual HOKA One One West Coast SuperClinic:

Sacramento City College. Spend the day investing in your season's success by learning from the top coaches in six event group areas: endurance, sprints/hurdles, jumps, throws, auxiliary, and ultra-running. For more information and updates, refer to: <http://www.pausatf.org/data/coach/coachevents.html>

Sat, 7 February: Willie Davenport Olympian's Learn-by-do Clinic: Logan HS, Union City. Come learn from the Olympians at the venerable learn-by-do opportunity. Info will be posted on:

<http://logantrackandfield.com>, and click on Olympian's Clinic.

Sat, 21 February: Pioneer T&F Coaching Summit, Come and learn and share with the region's leading coaches including Olympians **Marylin King**, **Regina Jacobs**, 2014 HS Coach of the Year **Donney Jones**, noted Logan HS and Academy of Arts jumps coach **Arno Brewer**, and perennially successful American River College sprint coach **Mike Reid**. Registration will be limited to 70 participants so you are encouraged to register early. Additional information and registration:

<http://www.pausatf.org/data/coach/coachPioneerSummitflyer.pdf>; or contact Coach Ralph Jones: ralph.jones@cuseastbay.edu

Annual USATF Pacific Coaches Committee Meeting

Saturday, 31 January, from 12:45-1:00pm at the SuperClinic - Sacramento City College. The Coaches Committee will host its annual meeting during lunch from 12:45-1:15pm. You do not need to have paid for the clinic to attend this meeting. Please send any items you want placed on the agenda to Dave Shrock at coaches@pacific.usatf.org by 15 January, and the meeting agenda will be posted on the PA coaches website one week before the meeting. *All are welcome!*

Call for nominees for the USATF Pacific Legacy Coach Award

In recognition of the many influential coaches who have served in our association who have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession, the Coaches Committee is asking for nominees for the Legacy Coach Award. Criterion will be weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves...hence the idea of a Legacy Coach Award. Coaches submitted for consideration should have mentored former athletes to become successful coaches in their own right, in addition to:

- mentored former athletes
- having coached for a period of time in the Pacific Association
- exhibited qualities of ethical coaching
- contributed to several aspects of the association, while promoting the sports of USATF
- candidates could come from any level of coaching

The deadline for submission of nominees is 31 December 2014, with announcement of the recipient 31 January at the HOKA OneOne SuperClinic. For the nomination form and further info. including past recipients, refer to the Association awards page at: <http://www.pausatf.org/data/awards.html>

Useful information

USATF partners with field video analysis tool: USATF has partnered with CoachesEye which works on apple, droid, and Microsoft for on-field analysis for a modest price: <http://www.coachseye.com/sports/track>

USATF to implement USOC SafeSport Program: USATF is rolling out implementation of the USOC SafeSport Program which will eventually be mandatory for all background checked coaches, administrators and officials for better awareness and protection of our youth. Stay tuned for more information in 2015. More information: <http://safesport.org/what-is-safesport/the-usoc-program/>

USATF partners with Hershey to promote RunJumpThrow: USA Track & Field and Hershey teamed up to create **RunJumpThrow (RJT)**, a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping and throwing skills through track and field. The RJT plan offers a selection of twenty learning stations for organizers to choose from, including dynamic warm-up, running form and technique, standing broad jump, softball throw and one-legged hop. **Charlotte Sneed** and **Maura Kent** have agreed to serve as our association liaison. Further information: <http://runjumpthrow.usatf.org/>

Clinic Notes and Publications

2014 Super Clinic Topics and speaker notes:

<http://www.pausatf.org/data/coach/2014superclinicspeakersreports.html>

USOC Coach Magazine: Free e-zine resource for all coaches with informative articles on training and peripheral considerations common amongst all Olympic sports.

<http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine>

Techniques Magazine: A great free quarterly e-zine from the collegiate USTFCCCA with informative article on all aspects of our sport. <http://www.ustfccca.org/coaching-central/techniques-magazine>

Coaching Athletics: Free e-zine devoted solely to coaching our sport with feature articles and training tips: <http://coachingathleticsq.com/content/subscribe-today>

Coaching Youth Blog: Youth Level 2 School founder and youth development expert Dr. Matt Lydum has created a blog with interesting articles and information pertaining to youth. The first entry deal with Daniel's Running Formula as applied to youth endurance runners: <http://youthsportcoaching.info>

Para Athletics

George Rehmet (paraathletics@pacific.usatf.org)

It's been a quiet couple of months:

- Para Athletics By-Laws were completed and incorporated.
- Charlie Sheppard will hold 2 para athletes sessions at the Officials Training at American River College and Serra High School.

Booth to Promote PAUSATF at SF Half Marathon

As co-race director for the San Francisco Half Marathon/5K on 2/1/2015, there will be a table in the finish line expo to display flyers. Brochures about the PAUSATF Para Athletics will be displayed. 10,000 participants are expected. Please contact me by 1/15 to have any items to be displayed.

The race also has a physically challenged category.

Communications Committee

Cynci Calvin (ccrun@ncbb.net)

New pausatf.org

There have been a few roadblocks – like the new Association branding guidelines. Also, a staff person, Alia Gray didn't work out, so I have been filling in to keep things rolling. We have adjusted the new site for the new USATF logo, most of the more recent committee updates have been made, and the manual I have created to help our new volunteers will be distributed tomorrow. (Saturday, Nov. 15). I hope to have some feedback from them at the Tuesday meeting.

Once the volunteers are feeling comfortable about keeping their pages current with news items, information and calendar updates, we will launch the new site. Our current goal is to have it launched in time for the National Annual meeting.

California Track & Running News: This update from Larry Eder (Oct. 14, 2014)

This Issue - Fall 2014 - is the first issue in 16 years to be published under a new company: FORTIUS Media Group LLC. It's the company I founded to deal with the changing media landscape. (The unfortunate time gap between the printing of the Spring issue and its mail-ing/late arrival in your mailbox is explained by legalities of this transition.)

FORTIUS Media Group sells ads and manages national and global content (through Runblogrun.com) for the Running Network publications and websites, as well as several new partner publications. Our goals are simple: To provide you with daily, up-to-the-minute information on all things running and track & field, from California to Marrakesh (where I was from Sept. 9–15).

We'll print a Winter issue before the end of 2014, and in 2015 we hope to publish up to five print, with digital issues as well. We are planning on a newsletter, as well as an updated Facebook and Twitter presence, and of course, www.caltrack.com

While we've been providing California Track & Running News as a benefit of your membership in the California and Northern Nevada regional associations of USATF, we have never received funds from

those associations. All financial support to produce and deliver CTRN comes from the advertising—print, digital, and social media—that we sell.

We thank you for your support over the past 37 years and look forward your continued support in the future!

Regards, Larry Eder

USATF Branding Revision USATF has modified the association logos effective in September:



Old:



New:



Old:



New:

Contact Cyni for new logos and guidelines. New material includes letterhead, fonts and business card templates.

LDR Committee

Tom Bernhard (ldr@pacific.usatf.org)

2014 Cross Country Grand Prix

The 2014 XC Grand Prix concluded Sunday with the PA XC Championships at Golden Gate Park. The 6K and 10K courses used for this meet will also be used for the 2015 USATF National Clubs Cross-Country Championships. Runner feedback was quite positive and lessons learned from this race will be applied to the National race next year. This, btw, is expected to be the largest Clubs Cross-Country Championships ever.

MUT Committee

PA athlete, Megan Arbogast, will be competing at the be running on the USA Women's 100K Team in the World Championships in Doha, Qatar on Friday, November 21st. This is a competition for Open runners and Megan is 53!

2014 Road Grand Prix

As of last week, 9 of the 12 Road GP races have been concluded, next race - Silicon Valley Turkey Trot. This elite 5K race regularly features two of the highest caliber 5K fields not only in the US but in the world. Last year both the Men's and Women's races were won by PA runners: David Torrence and Kim Conley.

2015 Road Grand Prix Schedule

Date	Race	Prize \$\$\$	Points	Notes	Status
3/7/2015	NorCal 10	\$4350	1.5		approved
3/22/2015	Excelsior 5K (name TBD)	\$2900	1	new course	approved
4/12/2015	SacTown 10 Mile	\$2900	1		approved
4/26/2015	Bay City Classic 12K	\$2900	1	new race	approved
5/10/2015	Pacific TherX 5K	\$2900	1	new name	approved
5/25/2015	Marin Memorial Day 10K	\$2900	1		approved
7/4/2015	Morgan Hill Freedom Fest 5K	\$2900	1	new race	approved
7/12/2015	Marin Miracle Mile	\$2900	1		approved
10/18/2015	Humboldt Redwoods H Mar.	\$2900	1.5		approved
11/8/2015	Clarksburg H Mar.	\$2900	1.5		will be approved upon receipt
11/26/2015	Silicon Valley Turkey Trot	\$2900	2		TBD
12/6/2015	CIM	\$2900	2		approved
12/13/2015	Xmas Relays	\$2900	1	day after Clubs	approved

Membership Committee Report

(Irene Herman therman49@yahoo.com)

The Pacific has achieved its highest membership numbers since the Bay to Breakers and large marathons discontinued their requirement of USATF membership. The Pacific is the forth the largest association in terms of total population (So-Cal, Florida, Illinois), yet the largest association in terms of membership...congratulations all!

PA Membership	as of 3/18/2014	as of 9/16/2014	as of 10/30/2014	History
Total	4184	7150	7308	2014-7308
				2013-6910
Coaches	342	436		2012-6836
Level I	251	305		2011-6846
Level II	73	96		2010-7102
Level III	15	22		2009-6234
Fundamental	12	13		2008-5749
Officials	343	349		2007-6069
Apprentice	45	48		2006-5673
Association	178	186		2005-5583
National	48	50		
Master	65	65		
Adult Athletes	1979	2910		
Race Walking	97	127		
40 & Older TF	1612	2177		
T&F 19-39	866	1126		
MUT-Ultra	1019	inc		
LDR	1494	2264		
Cross Country	1323	inc		
Youth 3-18	1706	3544		
RW youth	71	196		
TF	1517	3463		
XC	646	1419		
Para Athlete Adult	5	12		
Para Youth Athlete	0	1		
Other, Fan, Parent	279	inc		

Pacific Association Foundation Report:

(Dennis Boyle, President/CEO dkboyle@frontiernet.net)

The following has occurred since our last report to the Board of Athletics from the Pacific Association USATF Foundation.

- Fund raising efforts by the Foundation Directors have centered on emailing a flyer requesting donations.
- The flyer will be sent by an email blast on Tuesday November 18th.
- A PayPal option for making a donation has been added this year.
- As well, an option for using a credit card and an option for writing a check to the Foundation has been provided.
- Work is well underway in regard to two grant areas now overseen by the Foundation. One is the area of coaches grants. The Foundation Director, Dena Evans, is coordinating the activities with Dave Shrock. The applications will be due at the end of November. The other area involves the distribution of grant funding to elite athletes. The Foundation Director, Shannon Rowbury, is coordinating the activities with Jere Summers. The applications will be due by the middle of February.
- Elections occurred in September. Jay Abbott will be coming on as a Director for the next two year term. George Kleeman is returning to the Foundation Board, no longer as an interim, but will serve as Director for the next two years. Dennis Boyle is retiring from the Foundation Board. He has served in some manner since the inception of the Foundation.
- We presently hold in our bank account, approximately \$9,800.00.
- We will be receiving two sums of funding from the Pacific Association for distribution as follows: \$3,000 for LDR, Race Walk, and Marathon athletes and \$9,000 for Elite Athletes in Track and Field.